



Skills For Life

Welcome to “**Skills for Life**”, an interactive learning experience presented to you by the Navy Personnel Command. Please note this material is presented in a question and answer style and addresses some of the most important areas of your life. The information provided and the ultimate knowledge obtained through your diligent use of this learning tool can lead to behavioral change saving not only your life but also the lives of family, friends and shipmates.

The goal of this seven to ten hours of instruction is to familiarize you with some the facts you need to know to make informed and sound personal decisions. Subject matter includes the Navy core values, alcohol abuse and drug use and their associated risks, the effects of tobacco, financial responsibility, stress, suicide, and decision making.

As you begin your first session, it's important to remember that you are not expected to know the answers to all of the questions. The “Total Recall Learning” process is based on helping your long-term memory in a systematic manner. The program is intended to keep your attention through graphics and audio while identifying what you know and what you don't know. The more you know about the material is reflected as you progress through different levels of learning, and you can review your mastery of the different learning levels at any time.

Once again, it's our belief that, if you are armed with the correct information, you will make healthy and positive decisions that will make your Naval career a success. So, let's begin.